

# PRESSRELEASE

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**More than 60 walkers in hospital's first Walk with a Doc event**  
[New Britain, Conn.] Oct. 21, 2010 – More than 60 walkers participated in The Hospital of Central Connecticut's first Walk with a Doc event held Saturday, Oct. 16 at YMCA Camp Sloper in Southington. The hospital is the first in New England to join Just Walk, a Walk with a Doc program that hosts free community walks at area parks that are led by a doctor and stress the benefits of exercise while providing health tips.

Just before leading Saturday's 30-minute walk, Anthony Ciardella, M.D., an internist, provided walkers with tips on the benefits of exercise. Walks will be held through December and resume in April. Other walks, with 8:30 a.m. registration and 9 a.m. health tips and walk, are:

- **Saturday, Nov. 6:** Farmington River Trail, Unionville (Collinsville Road on Route 4 West, on right side past bridge over river). Latha Dulipsingh, M.D., an endocrinologist, will discuss risk factors for diabetes.
- **Saturday, Dec. 11:** Walnut Hill Park (behind pavilion), New Britain. Robert Borkowski, M.D., a cardiologist, will talk about ways to prevent heart disease.

Participants will receive a free T-shirt, hat, pedometer and water bottle. Sponsors are Anthem and Pepsi Beverages Company. To register, or for more information, please visit [www.thocc.org/walk-with-a-doc/](http://www.thocc.org/walk-with-a-doc/) or call 1-877-914-WALK. On walk day, registrants need to present a completed waiver form, available online with registration or on walk day.

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**Photo caption:** Anthony Ciardella, M.D. (*front row, left*), led The Hospital of Central Connecticut's first Walk with a Doc on Oct. 16 at YMCA Camp Sloper in Southington.